

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** the variety that is  
offered as far as fruits and vegetables

**What I like least about the proposed  
changes is** N/A

**Thank you for reading my comments.**

**Sincerely,**

Melissa Calapini - McGee  
**WIC Participant**

NOV - 6 2006

p 6502

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is healthier! My children  
prefer the healthier choice + so do I!

What I like least about the proposed  
changes is nothing.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Orangevale, CA  
City

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**


**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is fruits and vegetables.  
Any store options.**

**What I like least about the proposed  
changes is I can't see any  
changes I don't like.**

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

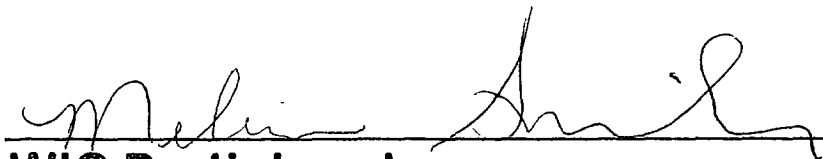
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is soy Milk for people  
who are Lactose Intolerant.

What I like least about the proposed  
changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the variety of  
food we can get.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Janette Redinger  
WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

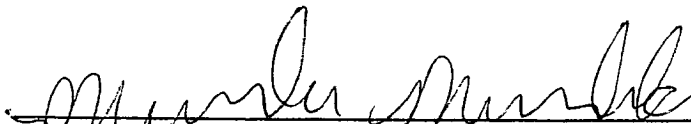
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I like the ideas of  
fruits & veggies because it is a good  
nutrition.

What I like least about the proposed  
changes is I like everything  
about it.

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

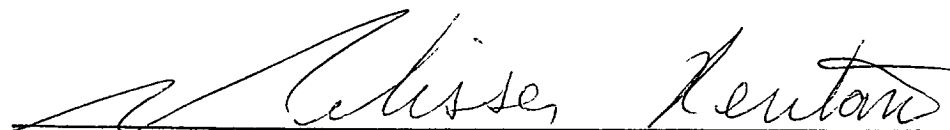
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is I like the fresh fruit  
and Bread.

What I like least about the proposed  
changes is less fruit juice.

Thank you for reading my comments.

Sincerely,



WIC Participant

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the \$8.00 worth of fruits

What I like least about the proposed  
changes is that is going to be less  
milk.

Thank you for reading my comments.

Sincerely,

Michelle Pereira  
WIC Participant



Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is fresh fruits & veg

What I like least about the proposed  
changes is less cheese + milk

Thank you for reading my comments.

Sincerely,

S. Angela Yara  
WIC Participant

NOV 01 2008

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

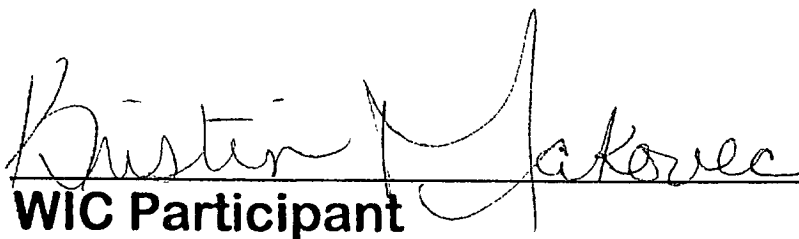
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is it would be nice to get new  
things for the kids.

What I like least about the proposed  
changes is less milk, but that's  
would be fine still if we can get  
breads and things.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is baby ba food.

What I like least about the proposed  
changes is nothing.

Thank you for reading my comments.

Sincerely,

Tracy Sikorski  
WIC Participant

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more to help the  
mother & baby.

What I like least about the proposed  
changes is ~~more~~ less milk.

Thank you for reading my comments.

Sincerely,

Natasha J. Gagnon  
WIC Participant

NOV 01 2008

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is different variety of  
food instead of dried beans and.

What I like least about the proposed  
changes is none.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** I like the addition  
of breads & rice.

**What I like least about the proposed  
changes is** I would not like the  
milk to be a lesser quantity

**Thank you for reading my comments.**

**Sincerely,**

Carrie Mundt

**WIC Participant**

NOV 6 1 2004

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is soy milk because my baby  
can not have cow's milk.

What I like least about the proposed  
changes is N/A.

Thank you for reading my comments.

Sincerely,

Jonara M. Ortiz-Lopez

WIC Participant

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is fresh fruit and bread

What I like least about the proposed  
changes is 1 gallon of milk loss

Thank you for reading my comments.

Sincerely,

Justi Hinchey  
WIC Participant



Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more variety of  
products offered.

What I like least about the proposed  
changes is N/A.

Thank you for reading my comments.

Sincerely,

Shirley L. Hoffman  
WIC Participant

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is There will be  
a variety of thing to offer my baby

What I like least about the proposed  
changes is nothing it all  
seems great.

Thank you for reading my comments.

Sincerely,

Donna Deza  
WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

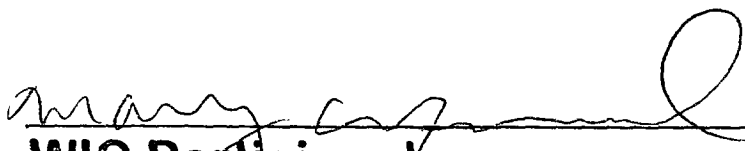
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is That would be  
very good.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**  
**Revisions in the WIC Food Packages - Proposed Rule**  
**Comments are due on or before November 6, 2006**  
All Information requested must be completed for submission.

1. Date: 10/24, 2006
2. Name: Mary Tenorio
3. City - Check one:
  - ☒ Santo Domingo Pueblo
  - ☐ Cochiti Pueblo
  - ☐ San Felipe Pueblo
  - ☐ Bernalillo
  - ☐ Albuquerque
  - ☐ Santa Fe
  - ☐ Other: \_\_\_\_\_
4. State: NM
5. Organization: Check the category which best describes you:
  - ☒ Participant/Recipient
  - ☐ General Public

6. My Comments on proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

more vegetables, promotion, support  
"fresh"

What I like least about the proposed changes is:

less milk, cheese, and canned food

Thank you for reading my comments.

Sincerely,

M. Tenorio  
WIC Participant Signature

NOV 06 2006

p 6521  
06 P

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**  
**Revisions in the WIC Food Packages - Proposed Rule**  
**Comments are due on or before November 6, 2006**  
All Information requested must be completed for submission.

1. Date: 10/18/2006, 2006

2. Name: \_\_\_\_\_

3. City - Check one:

- ☒ Santo Domingo Pueblo  
☐ Cochiti Pueblo  
☐ San Felipe Pueblo  
☐ Bernalillo  
☐ Albuquerque  
☐ Santa Fe  
☐ Other: \_\_\_\_\_

4. State: NM

5. Organization: Check the category which best describes you:

- ☒ Participant/Recipient  
☐ General Public

6. My Comments on proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

It will give you more variety of fruits & veggies to choose from. We all need something different. Not just cereal & milk.

What I like least about the proposed changes is:

~~nothing~~ that finally something is changing. So we can have better packages to choose from.

Thank you for reading my comments.

Sincerely,

P. Senen

WIC Participant Signature

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**  
**Revisions in the WIC Food Packages - Proposed Rule**  
**Comments are due on or before November 6, 2006**  
All Information requested must be completed for submission.

1. Date: 10/10/06, 2006
2. Name: Denise P. Calabaza
3. City - Check one:
  - ☒ Santo Domingo Pueblo
  - ☐ Cochiti Pueblo
  - ☐ San Felipe Pueblo
  - ☐ Bernalillo
  - ☐ Albuquerque
  - ☐ Santa Fe
  - ☐ Other: \_\_\_\_\_
4. State: NM
5. Organization: Check the category which best describes you:
  - ☒ Participant/Recipient
  - ☐ General Public

6. My Comments on proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

All the new Variety Choices of foods that can be offered to the kids.

What I like least about the proposed changes is:

Yogurt not being issued. Because my kids like eating yogurt. And that's one good snack they like eating.

Thank you for reading my comments.

Sincerely,

Denise P. Calabaza  
WIC Participant Signature

NOV 06 2006

p 6523 06 P

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**  
**Revisions in the WIC Food Packages - Proposed Rule**  
**Comments are due on or before November 6, 2006**  
All information requested must be completed for submission.

1. Date: October 9, 2006
2. Name: Charlene Lorato
3. City - Check one:
  - ☒ Santo Domingo Pueblo
  - ☐ Cochiti Pueblo
  - ☐ San Felipe Pueblo
  - ☐ Bernalillo
  - ☐ Albuquerque
  - ☐ Santa Fe
  - ☐ Other: \_\_\_\_\_
4. State: NM
5. Organization: Check the category which best describes you:
  - ☒ Participant/Recipient
  - ☐ General Public

6. My Comments on proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The amount of WIC package would be great especially vegetables (fresh). More to eat, healthier and good. Being low on Food Stamp. This would help me out.

What I like least about the proposed changes is:

The yogurt is one I ~~did~~ wanted on the package. Since me and daughter eat yogurt a lot it would be easier for me to get, then getting it at the grocery store.

Thank you for reading my comments.

Sincerely,

Charlene Lorato

WIC Participant Signature

NOV 06 2006

p 6524  
C6 P

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**  
**Revisions in the WIC Food Packages - Proposed Rule**  
**Comments are due on or before November 6, 2006**  
All Information requested must be completed for submission.

1. Date: October 4<sup>th</sup>, 2006
2. Name: Kateri Aguilar
3. City: ~~Check one:~~
  - ☒ Santo Domingo Pueblo
  - ☐ Cochiti Pueblo
  - ☐ San Felipe Pueblo
  - ☐ Bernalillo
  - ☐ Albuquerque
  - ☐ Santa Fe
  - ☐ Other: \_\_\_\_\_
4. State: NM
5. Organization: Check the category which best describes you:
  - ☒ Participant/Recipient
  - ☐ General Public

6. My Comments on proposal to change WIC foods:  
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

What I like least about the proposed changes is:

yogurt should be a choice

Thank you for reading my comments.

Sincerely,

\_\_\_\_\_  
WIC Participant Signature



**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**  
**Revisions in the WIC Food Packages - Proposed Rule**  
**Comments are due on or before November 6, 2006**  
 All Information requested must be completed for submission.

1. **Date:** 10/9, 2006
2. **Name:** Philana Bird
3. **City - Check one:**
  - ☒ Santo Domingo Pueblo
  - ☐ Cochiti Pueblo
  - ☐ San Felipe Pueblo
  - ☐ Bernalillo
  - ☐ Albuquerque
  - ☐ Santa Fe
  - ☐ Other: \_\_\_\_\_
4. **State:** NM
5. **Organization: Check the category which best describes you:**
  - ☒ Participant/Recipient
  - ☐ General Public
6. **My Comments on proposal to change WIC foods:** fruits & veggies  
 Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

**What I like most about the proposed changes is**  
To have fruits & veggies

**What I like least about the proposed changes is:**  
Plain Yogurt.

Thank you for reading my comments.

Sincerely,

Philana Bird

\_\_\_\_\_  
 WIC Participant Signature

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**  
**Revisions in the WIC Food Packages - Proposed Rule**  
**Comments are due on or before November 6, 2006**  
All Information requested must be completed for submission.

1. Date: 10 19, 2006

2. Name: Karen Eustice - Carrera

3. City - Check one:

- ☐ Santo Domingo Pueblo  
☒ Cochiti Pueblo  
☐ San Felipe Pueblo  
☐ Bernalillo  
☐ Albuquerque  
☐ Santa Fe  
☐ Other: \_\_\_\_\_

4. State: NM

5. Organization: Check the category which best describes you:

- ☒ Participant/Recipient  
☐ General Public

6. My Comments on proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

How you bring ~~to~~ fruit and veggies on their program  
They are more healthy

What I like least about the proposed changes is:

~~We~~ We need a choice of yogurt

Thank you for reading my comments.

Sincerely,

Karen Eustice - Carrera  
WIC Participant Signature

NOV 0-6 2006

p 6527

66 P

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**  
**Revisions in the WIC Food Packages - Proposed Rule**  
**Comments are due on or before November 6, 2006**  
All Information requested must be completed for submission.

1. Date: Oct. 06, 2006
2. Name: Christy Talarita
3. City - Check one:
  - ☒ Santo Domingo Pueblo
  - ☐ Cochiti Pueblo
  - ☐ San Felipe Pueblo
  - ☐ Bernalillo
  - ☐ Albuquerque
  - ☐ Santa Fe
  - ☐ Other: \_\_\_\_\_
4. State: NM
5. Organization: Check the category which best describes you:
  - ☒ Participant/Recipient
  - ☐ General Public

6. My Comments on proposal to change WIC foods:  
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

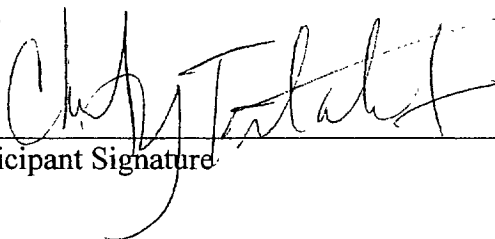
There are more grains and veggies that will be ~~added~~.  
More healthy eatings. There will be baby foods, offered.

What I like least about the proposed changes is:

N/A

Thank you for reading my comments.

Sincerely,



WIC Participant Signature

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**  
**Revisions in the WIC Food Packages - Proposed Rule**  
**Comments are due on or before November 6, 2006**  
All information requested must be completed for submission.

1. Date: 10/5/, 2006
2. Name: Aletha Garcia
3. City - Check one:
  - ☒ Santo Domingo Pueblo
  - ☐ Cochiti Pueblo
  - ☐ San Felipe Pueblo
  - ☐ Bernalillo
  - ☐ Albuquerque
  - ☐ Santa Fe
  - ☐ Other: \_\_\_\_\_
4. State: NM
5. Organization: Check the category which best describes you:
  - ☒ Participant/Recipient
  - ☐ General Public

6. My Comments on proposal to change WIC foods:

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is**

*that the children will be getting  
the fruits and veggies  
that they need to be strong.*

**What I like least about the proposed changes is:**

Thank you for reading my comments.

Sincerely,

Aletha Garcia

WIC Participant Signature

NOV 06 2006

p 6529

06P

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**  
**Revisions in the WIC Food Packages - Proposed Rule**  
**Comments are due on or before November 6, 2006**  
All Information requested must be completed for submission.

1. Date: 10 - 6, 2006
2. Name: Rachel Garcia / Tenae Garcia
3. City - Check one:
  - ☒ Santo Domingo Pueblo
  - ☐ Cochiti Pueblo
  - ☐ San Felipe Pueblo
  - ☐ Bernalillo
  - ☐ Albuquerque
  - ☐ Santa Fe
  - ☐ Other: \_\_\_\_\_
4. State: NM
5. Organization: Check the category which best describes you:
  - ☒ Participant/Recipient
  - ☐ General Public

6. My Comments on proposal to change WIC foods:  
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

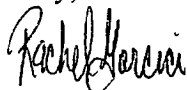
More variety of foods

More Nutrients / Different Nutrients

What I like least about the proposed changes is:

Thank you for reading my comments.

Sincerely,



\_\_\_\_\_  
WIC Participant Signature

NOV 06 2008

p 6530

06P

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**

**Revisions in the WIC Food Packages - Proposed Rule**

**Comments are due on or before November 6, 2006**

**All Information requested must be completed for submission.**

1. **Date:** October 6, 2006

2. **Name:** Charmaine Chavez

3. **City - Check one:**

☒ Santo Domingo Pueblo

☐ Cochiti Pueblo

☐ San Felipe Pueblo

☐ Bernalillo

☐ Albuquerque

☐ Santa Fe

☐ Other: \_\_\_\_\_

4. **State:** NM

5. **Organization: Check the category which best describes you:**

☒ Participant/Recipient

☐ General Public

6. **My Comments on proposal to change WIC foods:**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is**

I think it is a great idea to add fresh fruits and vegetables to the WIC participants because not only does every<sup>body</sup> need these products but especially women pregnant or breast<sup>also</sup> feeding + ~~also~~ young children will learn to choose healthy foods at a younger age which is great.

**What I like least about the proposed changes is:**

I think it is a very good idea. I have no ~~no~~ negative opinion.

Thank you for reading my comments.

Sincerely,

Charmaine Chavez

WIC Participant Signature

NOV 6 2006

p 6531

06-P

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**

**Revisions in the WIC Food Packages - Proposed Rule**

**Comments are due on or before November 6, 2006**

All Information requested must be completed for submission.

1. **Date:** 10-6, 2006

2. **Name:** JUDY NIETO

3. **City - Check one:**

- ☒ Santo Domingo Pueblo
- ☐ Cochiti Pueblo
- ☐ San Felipe Pueblo
- ☐ Bernalillo
- ☐ Albuquerque
- ☐ Santa Fe
- ☐ Other: \_\_\_\_\_

4. **State:** NM

5. **Organization: Check the category which best describes you:**

- ☒ Participant/Recipient
- ☐ General Public

6. **My Comments on proposal to change WIC foods:**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is**

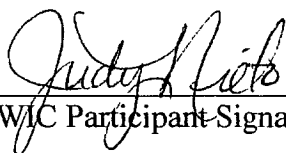
THE VARIETY OF CHOICES AND IT INCLUDES  
THE FOODS WE NEED TO BE HEALTHY.

**What I like least about the proposed changes is:**

YOGURT IS NOT INCLUDED IN THE PACKAGE.

Thank you for reading my comments.

Sincerely,



WIC Participant Signature

NOV 06 2006

p 6532 06 P

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**  
**Revisions in the WIC Food Packages - Proposed Rule**  
**Comments are due on or before November 6, 2006**  
All Information requested must be completed for submission.

1. Date: 10-6, 2006
2. Name: MARIETTA ROSETTA
3. City - Check one:
  - ☒ Santo Domingo Pueblo
  - ☐ Cochiti Pueblo
  - ☐ San Felipe Pueblo
  - ☐ Bernalillo
  - ☐ Albuquerque
  - ☐ Santa Fe
  - ☐ Other: \_\_\_\_\_
4. State: NM
5. Organization: Check the category which best describes you:
  - ☒ Participant/Recipient
  - ☐ General Public

6. My Comments on proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

my 2yr old child would be getting fresh fruits + Veggies. and whole grain which would be better than receiving frozen juice ~~etc~~

What I like least about the proposed changes is:

None really I'd rather have the new food plan. It is ~~much~~ more the idea for growing children

Thank you for reading my comments.

Sincerely,

Marietta Rosetta  
WIC Participant Signature



NOV 6 2006

p 6533

06-P

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**

**Revisions in the WIC Food Packages - Proposed Rule**

**Comments are due on or before November 6, 2006**

All Information requested must be completed for submission.

1. Date: Oct. 9<sup>th</sup>, 2006

2. Name: Roxanna Cori

3. City - Check one:

- ☒ Santo Domingo Pueblo  
☐ Cochiti Pueblo  
☐ San Felipe Pueblo  
☐ Bernalillo  
☐ Albuquerque  
☐ Santa Fe  
☐ Other: \_\_\_\_\_

4. State: NM

5. Organization: Check the category which best describes you:

- ☒ Participant/Recipient  
☐ General Public

6. My Comments on proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

adding more fruits & veggies instead of going on a long drive to get them.

What I like least about the proposed changes is:

This change wasn't done early enough, and to add yogurt to the change.

Thank you for reading my comments.

Sincerely,

Roxanna Cori  
WIC Participant Signature

NOV 6 2006

p 6534

06 P

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**  
**Revisions in the WIC Food Packages - Proposed Rule**  
**Comments are due on or before November 6, 2006**  
All Information requested must be completed for submission.

1. Date: Oct. 10, 2006
2. Name: Janice Allen
3. City - Check one:
  - ☒ Santo Domingo Pueblo
  - ☐ Cochiti Pueblo
  - ☐ San Felipe Pueblo
  - ☐ Bernalillo
  - ☐ Albuquerque
  - ☐ Santa Fe
  - ☐ Other: \_\_\_\_\_
4. State: NM
5. Organization: Check the category which best describes you:
  - ☒ Participant/Recipient
  - ☐ General Public

6. My Comments on proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The fresh vegetables & fruit being offered  
Dad and the baby food that is going  
to be offered.

What I like least about the proposed changes is:

That the amt. of cheese is going  
to be lowered.

Thank you for reading my comments.

Sincerely,



WIC-Participant Signature

NOV 06 2006

P 6535 06 P

**Special Supplemental Nutrition Program for Women, Infants and Children (WIC):**

**Revisions in the WIC Food Packages - Proposed Rule**

**Comments are due on or before November 6, 2006**

All Information requested must be completed for submission.

1. Date: 10/17/06, 2006

2. Name: Onawa Aguilar

3. City - Check one:

- ☒ Santo Domingo Pueblo  
☐ Cochiti Pueblo  
☐ San Felipe Pueblo  
☐ Bernalillo  
☐ Albuquerque  
☐ Santa Fe  
☐ Other: \_\_\_\_\_

4. State: NM

5. Organization: Check the category which best describes you:

- ☒ Participant/Recipient  
☐ General Public

6. My Comments on proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

*Variety of choices*

What I like least about the proposed changes is:

*no yogurt included  
& soy  
milk*

Thank you for reading my comments.

Sincerely, *Onawa*

*Onawa Aguilar*  
WIC Participant Signature

NOV 06 2006

Special Supplemental Nutrition Program for Women, Infants and Children (WIC):  
Revisions in the WIC Food Packages - Proposed Rule  
Comments are due on or before November 6, 2006  
All Information requested must be completed for submission.

1. Date: 10/11, 20062. Name: Rita Coria

3. City - Check one:

- ☒ Santo Domingo Pueblo  
☐ Cochiti Pueblo  
☐ San Felipe Pueblo  
☐ Bernalillo  
☐ Albuquerque  
☐ Santa Fe  
☐ Other: \_\_\_\_\_

4. State: NM

5. Organization: Check the category which best describes you:

- ☒ Participant/Recipient  
☐ General Public

6. My Comments on proposal to change WIC foods:

Thank you for adding fruits and veggies to the WIC checks! I will enjoy  
choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

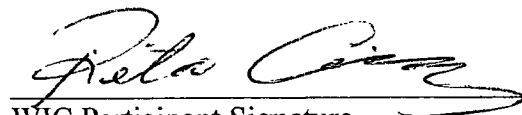
More Healthier foods  
More Selections

What I like least about the proposed changes is:

Not enough Soy Milk - some kids ~~don't~~  
don't drink milk.

Thank you for reading my comments.

Sincerely,



WIC Participant Signature

OCT 2 1 2000

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is**

fruits have less sugar than juice.

**What I like least about the proposed changes is**

Frozen or bottle Juice can be stored as fresh fruits + veggies can get rotten.

**Thank you for reading my comments.**

**Sincerely,**

Maria Solis

**WIC Participant**

OCT 27 2006

p 6538

06-P

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is**

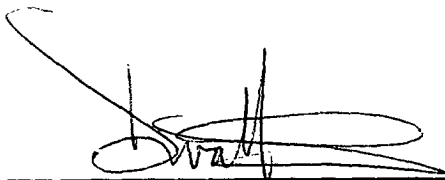
*I think adding fruits & veggies will help with starting my baby earlier on healthy foods.*

**What I like least about the proposed changes is**

*adding fruits and veggies in place of some juice, it should be in addition to not as a replacement*

**Thank you for reading my comments.**

**Sincerely,**



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**WIC Participant**

OCT 30 2006

Date: 10/17

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is the vegetables

I think that is great

What I like least about the proposed changes is that you  
did not add yogurt it would be good  
for the kids if you add this product.

Thank you for reading my comments.

Sincerely,

Maria L. Garcia  
WIC Participant

OCT 30 2006

Date: 10/23/06 p 6540

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is Move  
Fruits & Veggies

What I like least about the proposed changes is My Daughters  
does consume all of the juice  
plus more: ~~so less juice~~

Thank you for reading my comments.

Sincerely,

Wendy Berchtold  
WIC Participant



OCT 30 2006

Date: October 17th, 2006

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

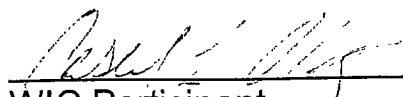
Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is having  
help getting food I cant afford but  
need to purchase.

What I like least about the proposed changes is having  
less milk.  
\_\_\_\_\_

Thank you for reading my comments.

Sincerely,

  
WIC Participant

OCT 30 2006

p 657a  
Date: 10-17-06

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is LESS MILK  
I NEVER DRINK OR USE IT ALL AND  
FRUITS + VEGETABLES ARE A GOOD IDEA

What I like least about the proposed changes is LESS EGGS  
THATS THE PROTEIN BESIDES PEANUT BUTTER  
SHOULD BE A LARGER SIZE.

Thank you for reading my comments.

Sincerely,

JENNIFER Buckland  
WIC Participant

Date: 10-17-06

OCT 30 2006

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is bread, fresh  
fruits or tortillas

What I like least about the proposed changes is less juice

Thank you for reading my comments.

*Yugurt*

Sincerely,

*Quana Martinez*  
WIC Participant

OCT 31 2006

f

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Being able to get fruits & veggies  
and whole grain breads.

What I like least about the proposed changes is

the reduction in juice

Thank you for reading my comments.

Sincerely,

Amanda Sney

WIC Participant

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family. I also like the  
idea of being able to buy whole grains like  
bread and tortillas.

What I like most about the proposed  
changes is the fresh Fruits

What I like least about the proposed  
changes is tortillas I believe  
should be optional taking away the  
milk and cereal is not a good idea

Thank you for reading my comments.

Sincerely,

Keisha Noel

WIC Participant

10-19-08

Date

OCT 26 2006

Date: 10-20-06

P6546

05-P

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is bread

Tortillas

What I like least about the proposed changes is milk

Thank you for reading my comments.

Sincerely,

Tamara Trujillo  
WIC Participant

Date: 10-24-06

OCT 26 2006

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

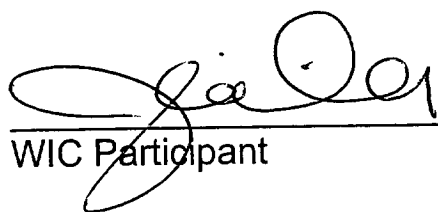
Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is addition  
of fruits & veggies

What I like least about the proposed changes is only 1 lb  
of cheese

Thank you for reading my comments.

Sincerely,



WIC Participant

OCT 17 2006

Date: 10/11/06

06-P

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is less juice,  
better food selection

What I like least about the proposed changes is less milk

Thank you for reading my comments.

Sincerely,

Nicole Howell  
WIC Participant



p 6549

05-P

Date: 10/16/06

OCT 26 2006

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is my son likes  
fresh fruit - that's going to be great  
the bread will help a lot also.

What I like least about the proposed changes is \_\_\_\_\_

nothing  
\_\_\_\_\_

Thank you for reading my comments.

Sincerely,

Jenny Beaver  
WIC Participant

Dear Friends @ U.S. Department of  
Agriculture,

OCT 19 2006

I am writing to tell you what  
I think about the proposal to  
change WIC Foods.

Thank you for adding Fruits and  
Veggies to the WIC checks! I  
will enjoy choosing fresh, healthier  
foods for my son.

What I like most is the  
proposed changes to the soy  
milk and fruits & veggies, and  
protein substitutions.

Thank you for reading my  
comments.

Sincerely,

M. Filler

OCT 26 2008

Date: \_\_\_\_\_

p 6221

05-8

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is \_\_\_\_\_

adding fresh fruits + vegetables


What I like least about the proposed changes is \_\_\_\_\_

adding more whole grains  
canned beans isn't as good, prepackaged

Thank you for reading my comments.

is easy, when you know how,

Sincerely,

  
\_\_\_\_\_  
WIC Participant

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The soy and the veggies

What I like least about the proposed changes is

~~less and less~~

Thank you for reading my comments.

Sincerely,

Esther Diaz  
WIC Participant

Riverside County, California

p 6553  
OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

adding fruits & veggies

What I like least about the proposed changes is

tofu & soy

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

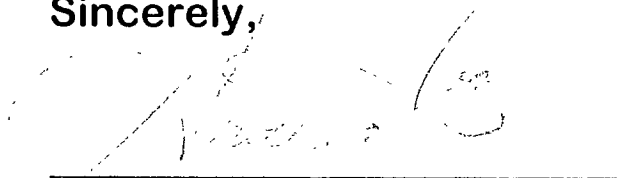
that we are now able to choose fresh fruits and vegetables, which is healthier for my family.

What I like least about the proposed changes is

that we are now required to choose a certain amount of fruits and vegetables, which is a lot to choose from. I would like to have more choices.

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

p 6555

Dear Friends at US Department of Agriculture,

OCT 31 2008

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that they are adding more option  
of food to enjoy

What I like least about the proposed changes is

that they are reducing the amount  
of items.

Thank you for reading my comments.

Sincerely,

Paula Marquez  
WIC Participant

Riverside County, California

OCT 31 2006

p 6556

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Introducing the whole grains and the Fruits and  
vegetables is a very good idea

What I like least about the proposed changes is

Reducing the quantity of juice and cheese

I don't like the idea of giving to

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California



OCT 31 2006

p 6557

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like it the way it is.

What I like least about the proposed changes is

that I have to get the money

all at once

Thank you for reading my comments.

Sincerely,

Cecilia Pinos  
WIC Participant

Riverside County, California

OCT 31 2008

p 6558

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like change. It's to try a new stuff  
also more choices.

What I like least about the proposed changes is

Soy E. Tofu

Thank you for reading my comments.

Sincerely,

Shantell Garcia  
WIC Participant

Riverside County, California

OCT 31 2006

p 6559

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

tortillas, bread, ~~rice~~ and tofu! and beans!

I like this much better!

What I like least about the proposed changes is

~~anything I think it is a terrible~~  
~~program!~~ I do not like the Fruit program  
because you can't determine amount of fruit weight  
plus the price on fruit changes. And it  
Thank you for reading my comments.

might cause people to not be able to buy  
it at a "one stop shop" like Fiesta Foods.  
Sincerely,

  
WIC Participant

Riverside County, California

I don't like the program  
taking juice away from  
pregnant women!

I don't like sardines

It's a choice for bread! Reading  
WIC check! To have bread and juice!

OCT 31 2008

p 6560

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that with the proposal you are giving us

will help our children eat more vegetables

that way I'll know that the fruits and vegetables are going  
straight to our children

What I like least about the proposed changes is

that were removing less juice that was one of the

main things I like giving my child

Thank you for reading my comments.

Sincerely,

Jakey Diaz  
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

p6561

OCT 31 2006

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

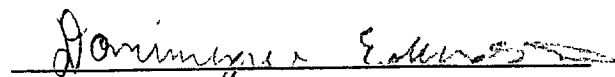
you get fruit which is important for  
the kids to have.

What I like least about the proposed changes is

you get less milk which goes by  
fast for my son. Juice also.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

NOW ABLE TO RECEIVE BREAD AND TORTILLAS  
AND ALSO FRUITS AND VEGETABLES.

What I like least about the proposed changes is

THE CUT BACK ON CHEESE, Cheese is full of calcium.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

p 6563

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

more healthy foods, more organic  
Nuts, and changes that go with  
are good.

What I like least about the proposed changes is

that it hasn't changed sooner.  
a lot of people who are  
need change.

Thank you for reading my comments.

Sincerely,

Wendy M. M. M.

WIC Participant

Riverside County, California

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** ADDITION OF PRODUCE AND

WHOLE GRAINS.

**What I like least about the proposed changes is** LESS MILK AND ~~EGGS~~

ESPECIALLY DISLIKE THE DECREASE IN EGGS (GREAT PROTEIN - AND MY KIDS LOVE THEM!)

**Thank you for reading my comments.**

**Sincerely,**

Tina Enderlin  
**WIC Participant**



**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the addition of whole  
grains.**

**What I like least about the proposed  
changes is the reduction of milk.**

**Thank you for reading my comments.**

**Sincerely,**

Beowynne Smith

**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is like whole grain  
& fruits & veggies.**

**What I like least about the proposed  
changes is milk should go up  
\_\_\_\_\_.**

**Thank you for reading my comments.**

**Sincerely,**

*Bullet Onesavanh*

---

**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**


**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the whole grains**

**What I like least about the proposed  
changes is the cheese being  
cut down to 1lb.**

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** I'm willing to  
try it out.

**What I like least about the proposed  
changes is** \_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

Doris Speed

**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

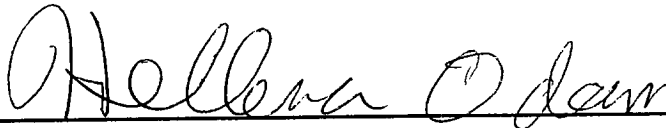
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the whole grain**  
\_\_\_\_\_.

**What I like least about the proposed  
changes is the less milk**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**



**WIC Participant**

Docket ID 0584-AD77, WIC FOOD PACKAGE RULE

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

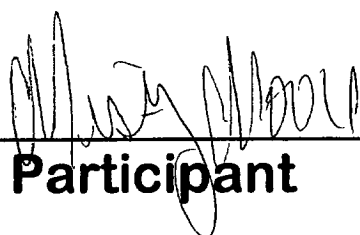
**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** I love fruits & veggies?

**What I like least about the proposed changes is** less milk & cheese.

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

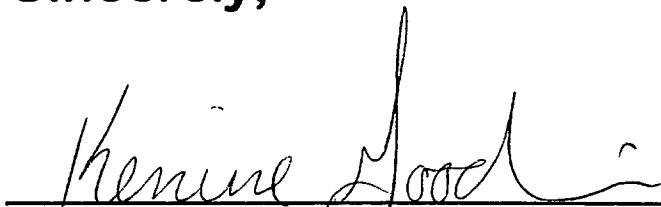
**What I like most about the proposed  
changes is** vegis added and

whole grains - I like the Milk change

**What I like least about the proposed  
changes is** Nothing

**Thank you for reading my comments.**

**Sincerely,**



**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

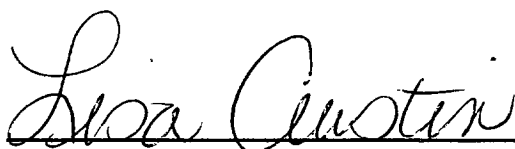
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the addition of the fruits  
& vegetables, and whole grains.**

**What I like least about the proposed  
changes is the reduce in amount  
of milk and cheese.**

**Thank you for reading my comments.**

**Sincerely,**



**WIC Participant**



OCT 30 2006  
p 6573

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is WHOLE GRAINS**

\_\_\_\_\_.

**What I like least about the proposed  
changes is MILK**

\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

*Agene Frank*  
**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is adding whole grain  
bread.**

**What I like least about the proposed  
changes is Dropping the milk  
\_\_\_\_\_.**

**Thank you for reading my comments.**

**Sincerely,**

Ashley Connolly  
**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is canned beans, oatmeal,  
bread, & tortillas.**

**What I like least about the proposed  
changes is less milk, ~~and~~ eggs,  
and juice.**

**Thank you for reading my comments.**

**Sincerely,**

Vanessa Maldonado

**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is Canned beans, and wholegrains**  
\_\_\_\_\_.

**What I like least about the proposed  
changes is Nothing**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

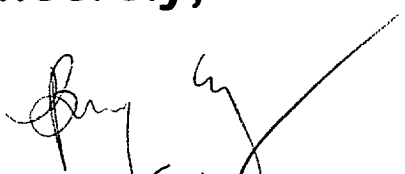
**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** The fruit + vegetable voucher(s) and whole grain foods.

**What I like least about the proposed changes is** the reduced amount of eggs; eggs are a convenient, easy, kid-friendly source of protein.

**Thank you for reading my comments.**

**Sincerely,**

  
Beverly Estoraga

**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

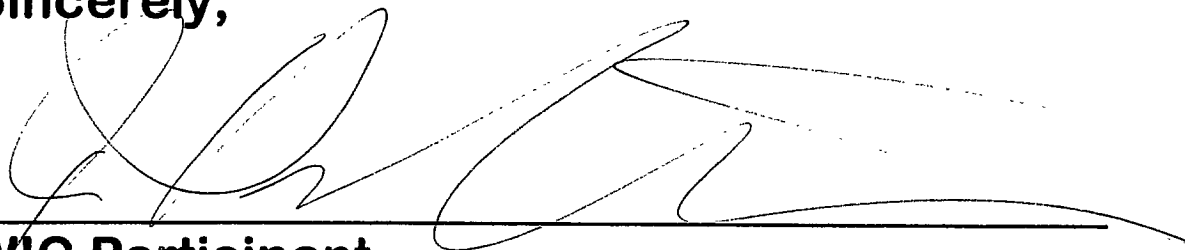
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is more \$ for fruits and  
vegetables.**

**What I like least about the proposed  
changes is not as much  
milk**

**Thank you for reading my comments.**

**Sincerely,**



**WIC Participant**

OCT 30 2008

p 6579

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** Lower fat milk and whole  
grains, Sounds healthy.

**What I like least about the proposed  
changes is** Theres less of everything  
and might be harder to find cereal

**Thank you for reading my comments.**

**Sincerely,**

Amanda McCreary  
**WIC Participant**

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is I like that they added  
things on.**

**What I like least about the proposed  
changes is The dropped of  
juice.**

**Thank you for reading my comments.**

**Sincerely,**

Amanda Maldonado  
**WIC Participant**



**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

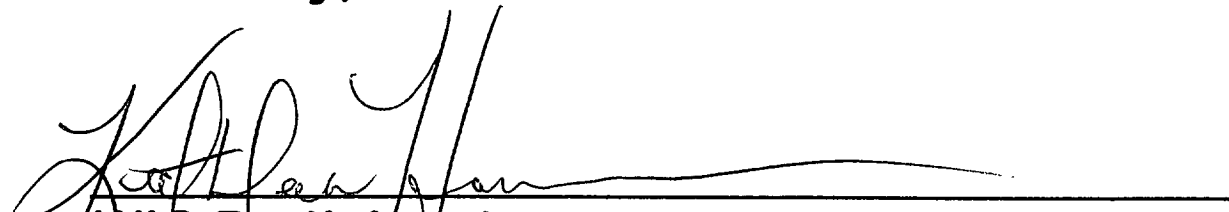
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the fruits and veggies  
and the whole grains.**

**What I like least about the proposed  
changes is the milk and cheese  
and eggs.**

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**

OCT 30 2008

P 6582

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

*thank you; thank you—*  
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is getting beans & Peanut butter,  
getting Veggies, and Whole Grains.**

**What I like least about the proposed  
changes is less cheese and ~~not~~ not  
getting any fat level on milk.**

**Thank you for reading my comments.**

**Sincerely,**

Stacy Elias  
**WIC Participant**

OCT 30 2006

Date: 10-19-06  
p6583  
P.

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.


Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is She will  
Get more whole GRAIN choices

What I like least about the proposed changes is \_\_\_\_\_  
N/A.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

OCT 30 2006

Date: 10-18-06

P6584

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is that  
there will be fruits & veggies.

What I like least about the proposed changes is decrease  
in milk and juice. My family  
use it all.

Thank you for reading my comments.

Sincerely,

Cynthia Sanders  
WIC Participant

OCT 30 2006

Date:

10/18/06 P6585

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is my family  
is always running out of breads  
and stuff so this will be good.

What I like least about the proposed changes is \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Thank you for reading my comments.

Sincerely,

Sherril Wareed  
WIC Participant

Date: 10-17-06

OCT 30 2006

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is \_\_\_\_\_

The healthier food my baby will  
receive.

What I like least about the proposed changes is \_\_\_\_\_

We will receive less milk, and I  
love milk.

Thank you for reading my comments.

Yogurt would be an awesome food to  
Put in to the WIC.

Sincerely,

Margarita Hernandez  
WIC Participant

OCT 30 2006

Date: 10-16-06

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is half the juices  
are gone and fruit and vegies are added. Having  
the bread add is also helpful.

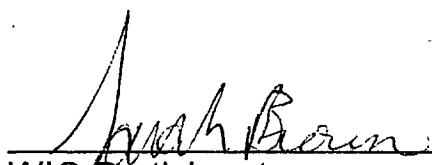
What I like least about the proposed changes is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Date: 10/17/06

OCT 30 2006

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

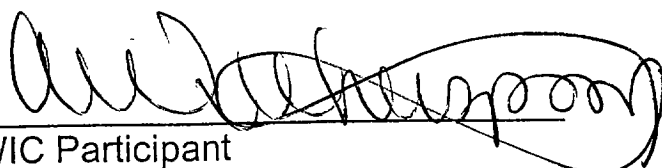
What I like most about the proposed changes is added

fruits & veggies. they are the  
hardest to get into my house  
Baby cereals. Soy Milk

What I like least about the proposed changes is Less Milk  
& Formula, eggs

Thank you for reading my comments.

Sincerely,

  
WIC Participant



NOV - 6 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the fruits and  
veggies for baby & I.

What I like least about the proposed  
changes is nothing everything  
sounds good.

Thank you for reading my comments.

Sincerely,

Kate Fitzgerald  
WIC Participant

5626 #A Hillside Blvd  
Sac. CA - 95842

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that fruit would be great because  
it's expensive and my son loves fruit.

What I like least about the proposed  
changes is nothing  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Jennifer Shinsato Citrus Heights  
WIC Participant City

NOV - 6 2006

p 6590

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

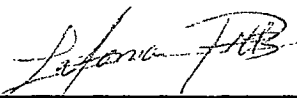
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is ~~#~~ The Fruits & Vegetables is great  
because they as well are getting expensive.

What I like least about the proposed  
changes is nothing, I like it  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,



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WIC Participant

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

What I like most about the proposed changes is  
I liked the fact that you added fruits and vegetables.  
Also you added grains. I think this is healthier for  
the kids.

**What I like least about the proposed changes is**

**Thank you for reading my comments.**

**Sincerely,**

Robert J. Harner

## WIC Participant

# Riverside County, California

OCT 31 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Tuna & Veggies

What I like least about the proposed changes is

less Juice

Thank you for reading my comments.

Sincerely,

Cerene Larson

WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that they will give tortillas & bread, and vegetables

What I like least about the proposed changes is

Nothing

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

p 6594

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

That we can get vegetables, bread and tortillas.

What I like least about the proposed changes is

Nothing

Thank you for reading my comments.

Sincerely,

WIC Participant

Riverside County, California

OCT 31 2008

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

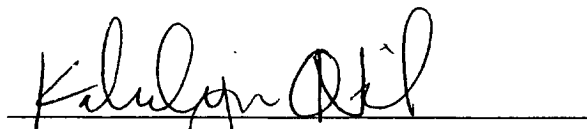
I really like how WIC will allow us to buy fresh fruits and vegetables. I also like how it provides money for bread. It's also great that you can buy tofu.

What I like least about the proposed changes is

Nothing - I think these are excellent changes.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California



Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

fruits & veggies

What I like least about the proposed changes is

Bulgar Barley

Thank you for reading my comments.

Sincerely,

Danielle Vargas  
WIC Participant

Riverside County, California

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I like the variety

What I like least about the proposed changes is

Thank you for reading my comments.

Sincerely,

Stacy Driscoll  
WIC Participant

Riverside County, California

OCT 31 2006

p 6598

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

You are able to make a complete meal -

What I like least about the proposed changes is

Are the fruits / veggies fresh or canned. \$6 is to little Money for fresh FN

Thank you for reading my comments.

Sincerely,



WIC Participant

Riverside County, California

OCT 31 2006

p 6599

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

I LIKE THAT FRUIT & VEGETABLE ARE  
BEING ADDED.

What I like least about the proposed changes is

I LIKE ALL PROPOSAL

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California

OCT 31 2008

p6600

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

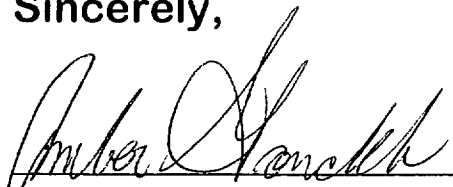
*Fresh fruits & Veggies, real whole grains,  
less fat milks.*

What I like least about the proposed changes is

*Like all the new changes to be.  
It's time for a change!*

Thank you for reading my comments.

Sincerely,

  
WIC Participant

Riverside County, California